





November 2021

Westport Center for Senior Activities

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Scotch Broth 1 Baked Manicotti Green Beans Garlic Bread Boston Cream Pie	Navy Bean Soup 2 Herb Roasted Chicken Brown Rice Glazed Carrots Apricots	Chicken Rice Soup 3 Sliced Beef w/Mushroom Sauce Mashed Potatoes Mix Veg. Pears	Beef Noodle Soup 4 Sweet & Sour Pork Peppers & Onions Steamed Rice Mandarin Oranges	Corn Chowder 5 Baked Tilapia w/Buttered Crumbs Spinach Sauté Sweet Potatoes Cup Cakes
Vegetable Bisque 8 Stuffed Cabbage Rice Pilaf String beans Honeydew	Beef Rice Soup 9 Grilled Liver & Onions Brussel Sprouts Sweet Potatoes Cookies	Potato Leek Soup 10 Stuffed Loin of Pork w/Apricot Relish Roasted Potatoes Braised red Cabbage Apples	CLOSED FOR 11 VETERANS DAY 	Chicken Pastina Soup 12 Tortilla Crusted Fish Spanish Rice Braised greens Watermelon
Cream of Chicken 15 BBQ Pulled Pork Yams Collard greens Coconut Custard Pie	Broccoli Cheddar Soup 16 Vegetable Burger w/Mushrooms and Onions Wild Rice Blend Butternut Squash Oranges	Carrot Ginger Bisque 17 Pasta Carbonara Broccoli Crusty Bread Éclairs	Cabbage Soup 18 Swiss Steak Jardinière Mashed Potatoes Sliced beets Pineapple	Potato Leek Soup 19 Grilled Salmon w/Chives Spaghetti Squash Buttered Peas Fruit Cocktail
Broccoli Soup 22 Chicken breast Stuffed w/Mushrooms & Spinach Jasmine Rice Roasted Carrots Pears	Split Pea Soup 23 Eggplant Parmesan Green Beans Garlic Bread Brownies	Corn Chowder 24 Roast Turkey w/Cranberry Sauce Stuffing Sweet Potatoes Vegetable Casserole Pumpkin Pie	CLOSED FOR 25 THANKSGIVING DAY 	 26
Beef Barley Soup 29 Chicken Stir Fry Fried Rice Asian Blend vegetables Almond Cookies	Wild Rice Bisque 30 Beef Kebobs Couscous Roasted Brussel Sprouts Cantaloupe			<u>ALTERNATE MENU OPTIONS:</u> Cheese Omelet OR Chef Salad: served with Soup, Salad & Dessert

Whole Grain Bread, Butter and Juice or 1% Milk Served Daily

Lunch is served at 12:00 PM. Pre-registration is required 24 hours in advance on MyActiveCenter.com or by calling the WCSA at (203) 341-5097.

The Café Nutrition Luncheon Program is subsidized through State and Federal dollars. **The suggested donation for our lunch is \$5.00 - \$7.00.**

However, the actual cost to produce the meal is \$10.00. **Caregivers and guests under 60 years old are required to pay the full meal price of \$10.00.**

*Program sponsored by Catholic Charities of Fairfield County, Inc. Funded by: Southwestern Connecticut Agency on Aging
State regulations mandate that food cannot be taken from the meal site. The only exception is that whole, fresh fruit may be taken home.*